



## Spelt Berry Porridge with Granola, Dates, and Raspberries

Inspired by [Eating Well's Wheat Berry Pudding](#).

**Yield:** ~4 servings (about 4 cups)

### Ingredients:

- 1 cup dry spelt berries
- 3 ripe Bananas, 1 chopped and 2 mashed
- 2 cups + 2 tbsp non-dairy milk (soy milk, almond milk, or rice milk, etc.)
- 2 tsp cinnamon
- Pinch of nutmeg and ground cloves (optional)
- 1/4 tsp kosher salt
- 2 tsp pure vanilla extract
- 2 tbsp pure maple syrup, or to taste
- Toppings: Whatever you want! I used raspberries, granola, chopped dates, sesame seeds, drizzle of sweetener

### **Directions:**

1. Rinse spelt berries in a colander. Place 1 cup uncooked spelt berries into a pot and add water to cover by 2 inches. Bring to a boil, cover, and simmer on low for about 35-45 minutes, or until tender (you still want them a bit chewy). You can do this step ahead of time. Drain and transfer into a food processor. Add two tbsp non-dairy milk and process mixture, stopping to scrape sides of the bowl, when necessary. You want some of the berries chopped and some of them whole (see processor pic below).
2. Scoop the chopped berries back into the pot along with 2 cups non-dairy milk, cinnamon, salt, bananas, optional nutmeg and ground cloves. Stir well and simmer on low for about 10 minutes until thick, stirring often. Remove from heat and stir in the vanilla and maple syrup.
3. Pour into bowls and add your desired toppings. I used dates, raspberries, and granola, but the sky is the limit! Makes almost 4 cups worth. Store leftovers in a container in the fridge. To reheat add a tablespoon or a bit more of non-dairy milk, stir, and microwave until hot.

*The Balanced Body Center*

(704) 849-9393

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